The Star's Cook Book

SAUCES FOR PUDDINGS, ETC. tuting brandy for wine.

and stir until thick.

white rum.

and 1/2 cupful butter to white cream; grated rind and fuice of lemons and add whites 2 eggs, beat few minutes oranges, or both, delicious orange and longer; tablespoonful brandy and tea. lemon pies are made. These should spoonful extract nutmeg; put on ice be made with only one crust. until needed.

little mlik, large pinch salt. Bring baked in a rich open pastry crust, and milk and cream to boil, in thick, well finished with a meringue.

lined saucepan; add to it buckwheat Chocolate Custards.—Pour 2 tabledissolved in milk, stirring rapidly to spoonfuls of boiling water over prevent lumping, allow it to boil 5 ounces of grated chocolate; let it minutes; remove from fire, beat in stand near the fire till perfectly distance the yelk of egg diluted with a table-spoonful milk. This is better and far with pint of cream, pinch of salt, and more healthful (especially for chil- three ounces of sugar, simmer over dren) than so much butter and syrup. fire 10 minutes; then add by degrees not be recommended.

Lemon Sauce,-Boil 1 cupful sugar and 1 cupful water together 15 min-utes, then remove; when cooled a lit-pound of loaf sugar. Pour wills late

Maple Syrup .- 1/2 pound maple su-

minutes; remove from fire; add ½ and stir continually. When cold serve that is possible, to prevent bitterness; on stove until boiling. Strain into cupful cider, scalding hot, 1 large ta- in dish, covered with whipped white blespoonful good butter, and yelks 2 of eggs, sixted lover with sugar.

and use as directed 1/2 cupful sugar, flavored with 1/2 tea-spoonful extract lemon, and 1/2 cupful butter; add yelks of 2 eggs, and place

on ice until wanted. Spice Sauce.—Set on fire % pint water, 1 cupful sugar; boil 20 minutes, remove from fire and add 1 teaspoonful each extract cloves and gin-

Sauce Aux Quatre Fruits.-Remove very thinly one-third the rind of 1 lemon and 1 orange; remove remain-der with the thick white skin very close to pulp; then cut each in small dice, removing seeds; lay in bowl; peel, core, and cut in dice 2 sour apples, which add to well made Wine Sauce; simmer until tender; then add 1 cupful seedless raisins, lemon and orange dice, with lemon and orange

until thick as boned custard, and, the off outside, and bake in quick gar. Let all come to a boll and retablespoonful extract vanilla, and oven.

ter almonds and vanilla, 1/2 cupful set in cool place to harden. white wine. Stir 2 tablespoonfuls of sugar on the fire in thick saucepan, ing, rest of sugar, the corn starch dissolved, boil to minutes; when about to serve, strain, add extracts, and

CUSTARDS, TARTS, ETC.

Custards require to be made carefully, and need not, unless occasion demands it, be made expensively, The plain boiled custard, usually served in with tarts or puddings, may be

Custards may have the delicate cheaply prepared. flavors of lemon, orange, rose, vanilla, nutmeg, etc., communicated to them by using flavoring extracts. A few drops of rose will answer where a tenspoonful or two of vanilla would be required. By their use you avoid the necessity of straining the custard;

Brandy Sauce. Proceed as di-thick custard; beat the whites of three rected for Wine Sauce, No. 2, substi- eggs to snow, stir into the custard, and set it in the oven to bake for 15 Currant Jelly Sauce.—Melt 1 cup minutes, or for the same length of ful red currant Jelly, 1 glass white time in a pot of bolling water; set wine, and 1 temspoonful extract rasp aside until perfectly cold; then remove the slight crust that will have Cream Sauce. Bring 2-3 pint cream formed on top; have ready dish in slowly to boil; set in stewpan of which you are to serve your custard, boiling water; when it reaches boil and some fresh ripe bananas, minced ing point add sugar, then pour slowly finely; mix with the custard and pour on whipped whites of 2 eggs in bowl; into the dish and add a meringue add I teaspoonful extract vanilla, and made of the beaten whites of 3 eggs, Se. and 1/2 teacupful of pulverized pink Custard Sauce,—1 pint milk, yelks sugar. A fine custard may be made 4 eggs, ½ cupful sugar. Set over fire, according to above receipt by using peaches, instead of bananas, or Bart-Duchess Sauce. - Boil 2 ounces lett pears. Milk should never be used grated chocolate in half pint milk 5 with acid fruits, particularly in warm minutes; strain on 2 yelks of eggs weather, and pure cream in any quanbeaten with ½ gill cream, add ½ cup-ful sugar, strain, return to fire, stir ach. The custards for which formuuntil thick as honey; remove, and add las are given here can be made thus 1 teaspoonful extract vanilla. German Sauce. Set on the fire in ing curdled by the acidity of the fruit. tin pail, placed in a stewpan half full Taploca, arrowroot, etc., may be subboiling water, 1 cupful cream and stituted for corn starch in the makcupful milk; when it reaches boiling ing of these custards, and pineapples, point, add sugar and yelks of 4 eggs strawberries, raspberries, are deli-with small pinch salt; whisk very clous served in this way. Custards quickly until it has appearance of with an extra allowance of butter and thick cream very frothy; just before a flavoring of extract vanilla, almond serving, add tablespoonful very good or rose, make delicious cream ples, butter, I teaspoonful each extract nut. Bake with either 1 or 2 crusts of rich meg and vanilla, and 1 wineglass puff paste, if the former, add a mehite rum. ringue. By using the yelks as well Hard Sauce.—Beat one cupful sugar as the whites of eggs, and using the

Banana Pie Is made by using a Hygienic Cream Sauce.-1/2 pint white custard as above, and mixing milk, ½ pint cream, yelk 1 egg, 1 ta- with the pulp of ripe bananas, pressed blespoonful buckwheat dissolved in through a colander or sieve, and

Syrup, minus butter, is well enough, yelks of 8 well-beaten eggs, and stir pour out to cool.

Plain Boiled Custard .- 1 quart of and 1 cupit with the remove; when cooled a litthe, add 1/2 teaspoonful extract lemon clean saucepan with peel of lemon, fully under one, turn it into your left, as you have, pour sufficient boiling tle, add 1/2 teaspoonful extract tends and 1 tablespoonful lemon juice.

Peach Sauce.—Place peach juice on point of boiling strain into basin same way, join two sides which were water immediately, draining them to cool; then stir in powdered sugar and 8 or 10 raisins, boil this 10 grant and well-beaten eggs; again strain side may be taken out with handle boiling water enough to cover again; sugar, and 8 or 10 raisins, boil this 10 it into a pitcher, which place in deep of small spoon, the shells filled with then boil till plums begin to open, and stir tam islly or cream, then folged to and some juice is extracted. They into glass dish or custard cups.

Vanilla Custard.-Boil 1 pint of gar, 1 pound cut sugar, 3 pints water. cream with 4 ounces of sugar, for 1/4 sirable fruit may be easily iced by utes to 1/2 hour, as it may require, of an hour, then strain through must dipping first in the beaten white of and you will have most delicious jelly. Break maple sugar sman, place of of an hour, then strain through must dipping first in the beaten white of and you will have most delicious jelly.

In. Beat well yelks of 6 eggs, and pour milk over them into a bowl, sized, and again in egg, and so on unsuccession of the desired spoonful corn starch in little water, add it to one cupful boiling water, and stirring rapidly till it thickand it to one cupful boiling water, and stirring rapidly till it thickand it to one cupful brown sugar; boil 10 spoonful extract vanilla to suit taste, and all the white inner skin removed the water, and 1½ cups appoint it is not beaten white of and you will have most delicious jelly.

In. Beat well yelks of 6 eggs, and an egg, then in sugar finely pulver. The plums may be used for pies or sauce.

Lemon Jelly.—½ box gelatine, thickness. For this purpose oranges soaked in ½ pint cold water 1 hour; and 1½ cups appoint it is not beaten white of and you will have most delicious jelly.

The plums may be used for pies or thickness. For this purpose oranges and 1½ pint cold water 1 hour; and 1½ cups appoint it is not beaten white of and you will have most delicious jelly.

The plums may be used for pies or the plums may be used for pies or the plums of the plums and a give it is an egg, then in sugar finely pulver.

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The plums may be u

dd other ingredients Sugar Sauce.—Beat to light cream Pour into mould. Serve cold with Pineapples should be cut in thin through muslin into pan, simmer it 1/4 sugar and cream, or custard.

Tarts: Gooseberry, Currant, Apple quarters. or Any Other Fruit.-Time to bake, from % to I hour. One quart of gooseberries, rather more than 1/2 pound of paste, moist sugar to taste. Cut off tops and talls from gooseherries, or pick currants from their stalks, or are and quarter the apples; put them into pie-dish with sugar, edge of dish with paste, pour in a lifwater, put on cover, ornament edge of paste in the usual manner, thicken. When cool, flavor and pour and bake it in a brisk oven.

Tartlets.—Time to bake, ½ hour.

thicken. When cool, flavor and pour into a glass dish. Heap upon top meringue of whites whipped until you

Tartlets.-Time to bake, 1/4 hour. Line some patty-pans with puff paste, can cut it, into which you have beaten fill them with any jam or preserve, the jelly, a teaspoonful at a time, and bake lightly, JELLIES AND JAMS. and bake lightly,

Open Jam Tart .- Time to bake, unpeel, cut into shreds, and boll in very til paste loosens from the dish. Line fruit in stone jar placed in boller of peel, cut into shreds, and boll in very til paste loosens from the dish. Line fruit in stone jar placed in boller of peel, cut into shreds, and boll in very til paste loosens from the dish. Line fruit in stone jar placed in boller of peel, cut into shreds, and boll in very til paste loosens from the dish. Line fruit in stone jar placed in boller of peel, cut into shreds, and boll in very til paste loosens from the dish. Line fruit in stone jar placed in boller of peel, cut into shreds, and boll in very til paste loosens from the dish. Line little water, which add to sauce to shallow the distribution of paste, wet softened, strain through jelly-bag, flavor; when about to serve, add 1 in the jam, roll out some of paste, wet softened, strain through jelly-bag, flavor; when about to serve, add 1 in the jam, roll out some of paste, wet softened, strain through jelly-bag, it lightly with yelk of egg beaten with place juice in preserving kettle and Vanilla Sauce.—Put ½ pint milk in a little milk, and a tablespoonful of allow 1 pound of sugar to pint of small saucepan over fire; when powdered sugar. Cut it in very narguice. While heating juice place suscaiding hot, add yelks 3 eggs; stir row strips, then lay them across the gar in dish in oven; allow Julce to until thick as boiled custard; add, tart, lay another strip round the edge, boil 20 minutes, then add heated supplies taken from five and cooled 1 trip off outside, and bake in quick care. Let all come to a boil and re-

ven. move from fire; having glasses Charlotte Russe.—2 tablespoonfuls scalded, pour in brimming full and whites of eggs wapped still.

Charlotte Russe.—2 tablespoontuls scaled, pour in brimming full and wine Sauce No. 1.—½ pint water, 1 gelatine soaked in a little cold milk 2 allow them to stand in the sun for at cupful sugar, 1 small teaspoonful hours; two coffee-cups rich cream; least a day, or till jelly is thoroughly corn starch, 1 teaspoonful each extended in the sun for at least a day, or till jelly is thoroughly set; cover with tissue paper saturated with brandy, and over all paste thick tract lemon and cinnamon, ½ gill in large bowl or dish; set on ice.

Both water, add, corn, starch, Holl milk, and pour gradually over white or brown paper. Boil water, add corn starch, Boil milk, and pour gradually over white or brown paper. wine. Boil water, and corn starca, Boil milk, and pour gradually over white of brown paper.

dissolved in little cold water, and the gelatine until dissolved, then strain; Apple Jelly,—Take apples, wipe and sugar; boil 15 minutes, strain; when when nearly cold add whipped cream, slice them; use seeds, skins and all; about to serve, add extracts and wine. Spoonful at a time. Sweeten with cook soft in cider enough to cover about to serve, add extracts and while. Spontill at a time. Sweeten with cook soft in cider enough to cover Wine Sauce No. 2,—12 pint water, powdered sugar, flavor with extract them; strain through cloth laid in 1 cupful sugar. 12 teaspoonful corn vanilla. Line dish with lady fingers sleve; add a pound of sugar to pint starch, I teaspoonful each extract bits or sponge cake; pour in cream and of juice and boil up a few minutes.

et in cool place to harden. | Currant Jelly.-- 1 box (2 ounces)

Peaches and Cream.--Pare and gelatine, dissolved in 1 pint cold waslice the peaches just before sending ter, 1 pint wine, 1 quart boiling water, to table. Cover the glass dish con- 1 quart granulated sugar, and 3 lemwith I tablespooning and water boil- table. Lover the glass that con I quart granulated sugar, and a bed dark, but not burned; add water boil- tableg them to exclude the air as ons, grated, to each quart of juice. much as possible, as they soon change color. Do not sugar them in dishfresh fruit. Pass the powdered sugar strain out juice. Take pint of juice to of pincapple and sugar. Boil it in pre-and cream with them.

Apple Meringue.—Spice and sweets strain through a hair sieve.

Pour into pudding dish, bake quickly, well cleaned, in gallon of water till
When well crusted over, cover with reduced to a quart, then pour into a
When well crusted over, cover with reduced to a quart, then pour into a
meringue made by whipping whites pan. When cold, skim off all fat, take en apple sauce; beat in 2 or 3 eggs. of 3 eggs with a little sugar. Shut white wine, 1/2 pound loaf sugar, and juice of 4 lemons. Add the whites of

oven door and tinge slightly.

Meringues.—Whisk the whites of 4 eggs to high froth, then stir into it 15 pound finely powdered sugar; flavor with extract vanish or lemon, repeat getner, put on are, let boll about to simply made with a plain edging in whisking until it will lie in a heap, minutes without stirring. Pour into cord in the color which predominates then lay mixture on letter paper, in a large fiannel bag, repeat stirring unshape of half an egg, moulding it with til it runs clear; then have ready a spoon, laying each about half an large china basin.

Broderic anglaise adorns some of large transfer and the color which predominates in the material.

Woman's World

WHAT TO TAKE ON A TRANSCONTINENTAL

costs anywhere from 25 cents to one dust and dirt less,

some of the mixture.

red, leaving on

the stems, and iced.

ntely, 4 tablespoonfuls sugar, 2 tea-

spoonfuls extract vanilla or bitter al-

monds; 1/2 cupful currant jelly. Heat

milk to scalding, but not boiling, Beat

the yelks; stir into them the sugar,

and pour upon them gradually, mixing well, a cupful of the hot milk. Return

to saucepan and boil until it begins to

How To Make Jellies.-Put the

Apple Jelly,-Take apples, wipe and

just water enough to cover them un-

tender. Mash with spoon, and

Caif's Feet Jelly .- Boil 2 calf's feet,

tom; put jelly into saucepan, with pint

The average woman can make the trimming-no flowers or fussy feath- hotel. The writer on one trip used ing of the trains. A small bottle of trip from coast to coast with no ers if you want it to be serviceable, up all her muslin underwear and in a smelling salts will come in handy. more baggage than a suit case, pro- A simple wing or bow of ribbon la by certain comparatively large Western Have plenty of handkerchiefs and yided, that is, that she will not be far the best trimming, for the dirt city, west of the Rockies, found she several little turn over collars to pin more than a couple of days in any plays havor with everything. Be hadn't time for laundry work and in the neck of your every-day walst. resort, and does not intend doing so- sure to have a big chiffon veil to pro- could find none in the shops to suit. They make it look fresh and next ciety. It is so much easier to check tect your bat in case of rain and for her. Three sets are plenty. Pro- and you can hander them easily by your trunks straight through to some comfort in sitting out on the observide three pairs of stockings and washing them and putting them on " final destination or the place you vation platform. As far as your low shoes as well as high for the mirror or window to dry. intend making your headquarters for outer garments are concerned, a changes in the climate through this. Your clothes must fasten in front sight-seeing expeditions. It has plain tailored suit is the best thing country are frequently sudden, West if possible and see that they are been the writer's experience that to have, with a couple of waists to a dark petitional to match your and easy to put on and take off. Don't much buggage that must be checked match, one plain to wear every day and provide about three pairs of wear any more jewelry than absofrom place to place is a perfect nui- and the other a trifle dressy, with gloves, two short and one long to butely necessary and what you take sance, and can easily be dispensed possibly elbow sleeves to use for din- your abort-sleeved blouse. The nin- along wear in a chamois bag around with if a little careful thought is ner in hotels. Of course, dark blue est waists for traveling are made of your neck, day and night. Keep any used in planning one's equipment, or black is the neatest thing, but China silk. A long dark kimono is large bills in your jewel bag. While In the first place, every time you for practical use, a mixed tweed in absolutely essential. Black China I think of it, don't carry too many move a trunk from train to hotel, it either gray or brown will show the silk is the nicest, but any sort of in large bills out West; If you change a

dollar, exclusive of the necessary tip However, the traveler's own judge swer the purpose. You cannot not carry the change, for silver and gold to the porter. Then sometimes you ment must govern this. It is rather along without this, as most women is used almost exclusively, and ninu make a train in a hurry and when a nuisance to carry along a raincont sleep in them and they are above dollars in silver mean a lot of adol-It is a case of one train a day only, or ulster, but there are many occas- lutely necessary for going to and fro tional weight. Take plenty of it is not always convenient to stor loss when one is very comfortable, from the dressing room, night and stamps, for there are many occasand check the trunks. Of course, but this is also optional, Under- morning. Be sure to have a com- tons when you will want to drop a what you need is based to some ex- clothing is an important issue, if fortable pair of low shoes to wear on letter from some way station and tent on the way you intend travel- you will take the advice of one who the train, winter or summer. Take stamps are not always procurable. A ing, the route you mean to take from has profited by experience along this your usual toiler articles in a rub- most important factor on a long trip the East to the West or vice versa. line, don't take fine cambric under- berlined case made with pockets, is food. Even if your funds are unand the length of time you intend wear. In the first place, it soils eas. Provide plenty of hair and safety limited, there comes a time on being on the road. The suggestions (ily, takes room to pack and is ex- pins, a spool of thread and needles nearly every trip when you long for given here are intended to be fol- expensive to have laundered. Buy and a pair of scissors. A good pure a lunch basket. Even a box of lowed, with personal modifications, yourself three union suits of thin toilet cream is essential to remove crackers comes in handy. If you are for a trip from East to West, taking knitted material or the separate gar, the dirt of travel and to soften the limited in your expenditures, by all about two weeks, stopping off leis- ments if your prefer them, and carry skin from the alkali dust of the means pack a lunch hamper and reurely at the larger cities, but the along a cake of washing soap. It is Western deserts. Take along what new your supplies at each stopping same will hold good if you are stay- even possible to wash these things simple medicinal remedies you are in off point. Meals on trains are exing on the trains and only making over night on the train if you are for, the habit of using. If you put in but use of butter with hot cakes can to a froth while it thickens; then necessary changes. In the first place tunate enough to have a stateroom, your case a bottle of aromatic space condingly expensive and it is easy to not be recommended. have all your clothes as simple no for they dry quickly and it is al- its of ammonia you will find it excel. pack a basket or box with crackers. possible. Get a small hat with little ways possible to wash them in any lent for nausea caused by the rock tinned meats or sardines and fruit.

inconspicuous cotton crope will an- \$10 billayou will need an assistant to

minutes, strain and just before servsucepan of boiling water, and stir jam, jelly or cream, then joined to- and some juice is extracted. Then
ing, add 8 drops extract bitter alone way until it thickens; then pour gether as above, cementing them with pour off liquid, strain it, add to each pound of juice 1 pound white sugar, Iced Fruits for Desserts .- Any de return to kettle; boil it from 20 min-

blespoonful good butter, and yelks 2 of eggs, sifted over with sugar.

Chocolate Blanc Mange.—Quart of Royal Wine Sauce.—Bring slowly

Royal Wine Sauce.—Bring slowly

to boiling point 1/2 pint wine; then to boiling point 1/2 pint wine; the to boiling wine; the to boiling point 1/2 pint wine; the to boiling wine; the to bo add yelks of 4 eggs, and 1 cupful sugrated chocolate, rubbed smooth in a should be pared and cut in halves, to run longer after it is perfectly pieces of nut meats, then put a layer grated chocolate, rubbed smooth in a should be pared and cut in halves, to run longer after it is perfectly pieces of nut meats, then put a layer grated chocolate, rubbed smooth in a should be pared and cut in halves, to run longer after it is perfectly pieces of nut meats, then put a layer grated chocolate, rubbed smooth in a should be pared and cut in halves, to run longer after it is perfectly pieces of nut meats, then put a layer grated chocolate, rubbed smooth in a should be pared and cut in halves, to run longer after it is perfectly pieces of nut meats, then put a layer grated chocolate, rubbed smooth in a should be pared and cut in halves, to run longer after it is perfectly pieces of nut meats, then put a layer grated chocolate, rubbed smooth in a should be pared and cut in halves, to run longer after it is perfectly pieces of nut meats, then put a layer grated chocolate, rubbed smooth in a should be pared and cut in halves, to run longer after it is perfectly pieces of nut meats, then put a layer grated chocolate, rubbed smooth in a should be pared and cut in halves, to run longer after it is perfectly pieces of nut meats, then put a layer grated chocolate, rubbed smooth in a should be pared and cut in halves, to run longer after it is perfectly pieces of nut meats, then put a layer grated chocolate, rubbed smooth in a should be pared and cut in halves, to run longer after it is perfectly pieces of nut meats, then put a layer grated chocolate, rubbed smooth in a should be pared and cut in halves, to run longer after it is perfectly pieces of nut meats, then put a layer grated chocolate. juice is at all turbid, strain again slices, and these again divided into of an hour; then add I pound fine su gar to each pint juice and boil 10 teaspeonful of sait, a saltspoonful of Floating Island .- 1 quart milk, 4 minutes longer. eggs, yelks and whites beaten separ-

Wine Jelly .- 1 package (2 ounces) gelatine, soaked 2 hours in a large cup cold water; 2 cups white wine or sherry; 1 lemon, all the juice and 1/2 the grated peel; 1 teaspoonful extract bitter almonds, 2 cups white sugar, 2 cups boiling water. Put soaked gelatine, lemon, sugar and extract to-gether, and cover close ½ hour. Pour on boiling water, stir and strain. Add wine, and strain again through flannel bag, without squeezing, and leave in mould, wet with cold water until meats, one cupful of small colors

Black or Red Current Jam. Time % of an hour to 1 hour. To every pound of currants allow % of a pound of sugar. Gather currents on fine day, pick from stalks. Put them into preserving pan with sugar broken into small pieces. Bring gradually to boil, then let simmer, removing seum as it rises, stirring Jam constantly. When ing. done, put into pots with brandy paper, or paper steeped in starch, over them, and tie them down closely.

Cherry Jam. To 12 pounds cherries, when ripe, weigh 1 pound sugar; break the stones of part, and

Gooseberry Jam.—Time 114 hours, gooseherries. Pick off stalks and buds from gooseberries, bruise them 10 minutes, stirring all the time; then fruit, boil quickly, removing seum as For sale by all dealers, Benson, Smith add sugar, pounded and sifted, to it rises. Put into pots, when cold cover as above. All jams are made

Crabapple Jelly.-Boil apples with much in the same way. Pineapple Jam .- Peel, grate, and weigh the apple. Put pound to pound

jelly up clean; leave settlings at botsigns are exquisitely embroidered by hand and inset with lace motifs, while pound finely powdered sugar; flavor 6 eggs, well beaten, stir all well to the tapestry and brocade designs are with extract vanilla or lemon, repeat gether, put on fire, let boll about 15 simply made with a plain edging in the tapestry and brocade designs are

the necessity of straining the classical straining meringues on piece of hard solved in 1 pint cold water. In 20 taining meringues on piece of hard solved in 1 pint cold water. In 20 taining meringues on piece of hard solved in 1 pint boiling water. In 20 taining meringues on piece of hard solved in 1 pint boiling water. In 20 taining meringues on piece of hard solved in 1 pint boiling water. In 20 taining meringues on piece of hard solved in 1 pint boiling water. In 20 taining meringues on piece of hard solved in 1 pint boiling water. In 20 taining meringues on piece of hard solved in 1 pint boiling water. In 20 taining meringues on piece of hard solved in 1 pint boiling water. In 20 taining meringues on piece of hard solved in 1 pint boiling water. In 20 taining meringues on piece of hard solved in 1 pint boiling water. In 20 taining meringues on piece of hard solved in 1 pint boiling water. In 20 taining meringues on piece of hard solved in 1 pint boiling water. In 20 taining meringues on piece of hard solved in 1 pint boiling water. In 20 taining meringues on piece of hard solved in 1 pint boiling water. In 20 taining meringues on piece of hard solved in 1 pint boiling water. In 20 taining meringues on piece of hard solved in 1 pint boiling water. In 20 taining meringues on piece of hard solved in 1 pint boiling water. In 20 taining meringues on piece of hard solved in 1 pint boiling water. In 20 taining meringues on piece of hard solved in 1 pint boiling water. In 20 taining meringues on piece of hard solved in 1 pint boiling water. In 20 taining meringues on piece of hard solved in 1 pint boiling water. In 20 taining meringues on piece of hard solved in 1 pint boiling water. In 20 taining meringues on piece of hard solved in 1 pint boiling water. In 20 taining meringues on piece of hard solved in 1 pint boiling water. In 20 taining meringues on piece of hard solve

THREE FRUIT SALADS.

Orange, Pineapple and Banana Salast.

Cherry Salad.

Stuff some cherries (stoned) with Cover with sliced bananas and sliced easily digested; a safe hot-weather ripe apricots. Serve with the following dressing: Beat together half paprika, half a teaspoonful of white pepper, one teaspoonful of sugar one teaspoonful of tarragon vinegar, lemon juice or other fruit juice, then advery gradually three tablespoonfulof olive oil. This may have a little to- whipped cream before serving.

Strawberry Salad.

Two cupfuls of ripe strawberries. half a cupful of finely chopped walnut cubes, two bananas and two oranges

Arrange some of the inner leaves of a head of lettuce on each plate serinkle with the nuts, then place the atrawherries, sliced bananas and orange pulp in the center. Cover with the celery and some French dress-

JUST WHAT ITS NAME IMPLIES.

Chamberlain's Cotic, Cholera and Diarrhoea Remedy is all that his name blanch them; then put them to fruit implies. There has never been a case and sugar; boil all gently till jam teported of cramp colle, cholera morcomes clear from the pan.

| bus or dysentery where this remedy implies. There has never been a case was used that it did not give prompt telief. It is as good for the child as for the adult and all danger from chollightly, boil them quickly for 8 or era infantum will be avoided if this medicine is promptly administered. & Co., agents for Hawati.

A NEW MIXED CHEESE.

Grate coarsely a half pound of Slice four bananas, four oranges plain dairy cheese; mix into it with and one pineapple. Put on lettuce a fork a small piece of butter until leaves and pour over a French dress you can stir it easily. Be sure to ing. For those who do not care for mash all lumps out of it. Add about the French dressing, make a sirup of two table spoonfuls of chili sauce, a one and a half cupfuls of sugar and tablespoonful of finely chopped green one cupful of water, boil until thick, pepper, teaspoonful of prepared musadd the strained juice of one lemon, and and a couple of pickled onions let cool, then pour over the fruit, chopped very fine. Stir all together Let stand on ice for two and a half with the cheese and if it is still add hours. Another good dressing is one a little cream. Season highly with cupful of good claret, half a cupful paprika and salt and serve in a ball of sugar, and slice of a lemon. All on a lettuce leaf. This cheese should fruits that go well together may be be of the consistency of the cream cheese that comes wrapped In tin

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